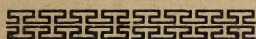


ORIGINAL
COOKING
RECIPES



CARNOL LIMITED
40 ST. URBAIN ST.
MONTREAL.

PB 205.738

Principles Of Food Selection

There are a few principles of nutrition that every one should bear in mind in selecting food for the family.

The body needs food for three purposes:

To build and repair tissue

To supply energy

To regulate the bodily activities

Therefore, the well planned diet will provide foods in which there is a sufficient supply of adequate protein, for protein builds tissue. The foods which furnish the principal supply of protein are: Milk, cheese, eggs, fish, poultry, meat, peas, beans and nuts.

There will be fats, starch and sugar for they are the energy producers. The foods which furnish the principal supply of fats, starch and sugar are: For fats: Butter and cream, shortening, salad oil and bacon. For starch: Cereals, breads, cake, macaroni and potatoes. For sugar: Sugar, syrups, honey, molasses, cakes, sweet puddings and candy.

There will be foods in which there is a supply of mineral salts which regulate the bodily activities. The foods which furnish the principal supply of salts are: Fruits and vegetables, both root and green.

Vitamines which have been discovered in recent years represent another necessary constituent of the diet. They are present in milk, eggs, green vegetables and fruits, and are essential to health and growth.

Some of the foods belong in more than one group. For example, cereals supply protein as well as starch. But cereals are placed in the starch group because they furnish that nutrient in the most economical manner.

A knowledge of food values helps in planning meals that are economical. For example, old-fashioned housekeepers frequently served macaroni and cheese at a dinner where roast beef was the principal dish. The modern housewife understands that this would furnish an excess of protein. She studies values and finds protein in beef, protein in cheese, protein in milk. She knows that macaroni is a paste made with flour and that while it belongs to the starch group it also provides protein. Consequently she will save the macaroni and cheese dish and serve it at a meatless meal, and with her roast she will probably serve potatoes and a green vegetable such as spinach.

When she has provided a meal where the vegetables are of the starchy sort she will not follow them with a dessert such as a cornstarch or rice pudding, but will serve instead fresh fruit, if it is in season, or else a light gelatin dessert.

It is hard to plan meals for a family, as the needs are varied. But it is possible to serve plain, wholesome food so that the nutritive values dovetail into each other and make a balanced diet. The way to judge as to whether the food is all that it should be is by the health and appearance of the family. If the family is energetic, strong and ambitious, one may be pretty sure that it is well nourished.

Comparative Measurements

1 saltspoon.....	=	$\frac{1}{4}$ teaspoon
3 teaspoons	=	1 tablespoon
4 tablespoons.....	=	$\frac{1}{4}$ cup
1 cup	=	$\frac{1}{2}$ pint
2 cups.....	=	1 pint
4 cups.....	=	1 quart

CARNOL makes you fit keeps you fit

HOW TO MEASURE

Level measurements called for in all recipes.

A standard cup, holding one-half pint, is used as the basis of measurement.

Measuring spoons of standard size are also used.

Level Cupful — Fill cup with spoon and level off with dull edge of knife.

Level Teaspoon — Fill and level off with dull edge of knife.

Half Teaspoon — Fill and level off with dull edge of knife, divide in half lengthwise.

Quarter Teaspoon — Divide half teaspoon crosswise.

To measure butter or fat pack solidly into spoon or cup and level with knife.

Quick Breads

The chief ingredients of both batters and doughs are flour, liquid and leavening. Both are made light and porous by using baking powder or yeast. Baking powder acts more quickly than yeast and is especially good for leavening breads made with wheatless or with mixed flours and for nut and raisin bread.

As a general rule two level teaspoons of baking powder are used to leaven one cup of flour, provided there are no eggs in the mixture. If eggs are used it is not necessary to use as much baking powder. If the number of eggs called for in the recipe is to be reduced add one-half teaspoon baking powder for each egg omitted.

The importance of baking cannot be over estimated. The oven heat should be carefully regulated. Many a good mixture is ruined by being baked in an oven which is either too fast or too slow. A sure way to regulate the heat of an oven is to use a thermometer. A table showing the various degrees of heat will be found on page 13.

Level measurements are called for in all recipes.

You might be the lucky one — see page 32

Biscuits

2 cups flour	2 tablespoons shortening
4 teaspoons Baking Powder	$\frac{3}{4}$ cup milk or
$\frac{1}{2}$ teaspoon salt	Half milk and half water

Sift flour, baking powder and salt together. Rub in shortening with finger tips. Add milk gradually. Mix to a smooth dough. Turn out on floured board and roll to one-half inch thickness. Cut with biscuit cutter. Bake in a quick oven. Handle as little as possible if you want the biscuits to be light and flaky.

Makes twelve biscuits.

Butter Cakes

2½ cups flour	3 tablespoons shortening
1 teaspoon salt	2 eggs
4 teaspoons Baking Powder	1 cup sweet milk

Sift flour, salt, and baking powder together. Rub in shortening with the finger tips. Beat egg yolks and add milk. Pour gradually on the flour. Mix to a soft dough. Fold in stiffly beaten whites. Turn out on floured board. Roll out three-quarters of an inch thick. Cut with biscuit cutter. Bake on a moderately hot, well greased griddle. After cakes have risen and browned on one side turn over and brown on the other.

Makes fourteen cakes.

Cinnamon Rusks

2 cups flour	2 teaspoons cinnamon
1 teaspoon salt	$\frac{1}{2}$ to $\frac{2}{3}$ cup milk
3 tablespoons sugar	1 egg
4 teaspoons Baking Powder	2 tablespoons shortening
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon vanilla

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Sift flour, salt, sugar, baking powder, nutmeg and cinnamon together. Add milk to beaten egg and mix with flour to make a soft dough. Add melted shortening. Mix well. Turn out on floured board. Cut pieces of dough in uniform sizes and shape into small rolls. Place close together in well greased biscuit pan. Set to rise in warm place ten minutes. Just before putting in oven brush tops with milk and sprinkle with sugar. Bake in moderate oven.

Makes ten to twelve rusks.

Hot Cross Buns

Follow recipe for Cinnamon Rusks. Make small rolls and place one inch apart in shallow pan. Make deep cross cuts after buns have risen. Brush tops with butter. Sprinkle with sugar and bake in moderate oven.

English Tea Cake

2 cups flour	2 eggs
2 teaspoons Baking Powder	1 cup milk
1 teaspoon salt	3 tablespoons shortening
2 tablespoons sugar	

Sift flour, baking powder, salt and sugar together. Add well beaten eggs and milk slowly. Add melted shortening. Mix well. Bake in a greased layer cake tin in quick oven. Remove from tin, split, butter and return to oven until butter is melted. Put pieces together again and cut in triangular slices. Serve hot with tea and jam.

Makes one cake.

Parker House Rolls

2 cups flour	1 tablespoon shortening
1 teaspoon salt	$\frac{3}{4}$ cup milk
3 teaspoons Baking Powder	1 egg
2 teaspoons sugar	

Sift flour, baking powder, salt and sugar together. Rub in shortening with finger tips. Add milk to well beaten egg. Add slowly to dry ingredients. Mix until smooth. Turn out on floured board. Roll out to about one-half inch thickness. Cut with biscuit cutter. Crease with dull edge of knife and fold in pocket-book shape to form roll. Place in greased pan, allowing space for rolls to spread a little. Set in warm place and let rise for ten minutes. Brush tops with melted butter and bake in moderate oven.

Makes twelve rolls.

Plain Muffins

2 cups flour	1 egg
4 teaspoons Baking Powder	1 cup milk
1 teaspoon salt	1 tablespoon shortening
1 tablespoon sugar	

Sift flour, baking powder, salt and sugar together. Add well beaten egg and milk slowly. Add melted shortening. Mix well. Grease muffin pans and drop a spoonful of batter in each one. Bake in moderate oven.

Makes about eighteen muffins.

Corn Bread

2 cups corn meal	2 tablespoons sugar
1 cup flour	1½ to 2 cups milk
5 teaspoons Baking Powder	1 egg
1 teaspoon salt	2 tablespoons shortening

Sift corn meal, flour, baking powder, salt and sugar together. Add milk, egg and melted shortening. Beat well. Pour into well greased shallow pan. Bake in moderate oven.

Serves seven or eight persons.

CARNOL is a doctor's prescription, not a cheap Patent Medicine

Anemia

In Anemia and all run down conditions — a good tonic is essential — as something must be taken to promote proper assimilation and bring the flow of rich blood back to normal, Rudolph Aristides Benoit, of St. Ludger de Rivière du Loup, states, I was suffering from Anemia, my blood was thin and watery and on the recommendation of Mr. H. H. Page, I tried your preparation "CARNOL" and after taking the fourth bottle I can say, I was feeling my old self again. I also procured it for my wife's mother who was greatly benefited.

Another Striking Testimonial

235 16th. Ave

Calgary, Alta.

Gentlemen;—

Having had a very strenuous time for some months in my work, I found myself weak and easily overcome with any extra exertion. As "CARNOL" was recommended to me, I found that it was all I expected and more as the building effect was greatly noticeable and I have every confidence in it as a strengthening Tonic for women.

Mrs. R. S. Lytle.

A Period of Great Danger

Very often when people reach the convalescent stage, great difficulty is experienced in getting them beyond that stage. When the store of vitality is exhausted, when we tire quickly, when we feel depressed, then it is that CARNOL, the Great Tonic and Body Builder, is found most effective, bringing back health and vigor. CARNOL by increasing the appetite, enriching the blood, and toning up the nerves hastens recovery.

Costs nothing and you stand to win \$100.00 — see page 32

Nut Bread

4 cups flour	2 tablespoons sugar
6 teaspoons	or more if desired
Baking Powder	1 tablespoon butter
1 teaspoon salt	1 to 1½ cups milk
	1 cup broken walnut meats

Sift flour, baking powder, salt and sugar together. Rub in butter with finger tips. Add milk slowly. Mix to a smooth dough. Add walnuts. Turn into well greased bread pan. Set in a warm place and let rise fifteen minutes. Brush top with melted butter. Bake about one hour in moderate oven.

Makes one medium sized loaf.

Steamed Brown Bread

2 cups flour	1 teaspoon salt
1 cup corn meal	¼ teaspoon soda
1 teaspoon	¾ cup molasses
Baking Powder	1¾ cups milk

Sift flour, corn meal, baking powder, salt and soda together. Add molasses and milk. Mix well. Fill well greased round molds or baking powder tins three-quarters full. Cover tightly and steam three hours. Remove covers and bake in moderate oven to form crust.

Makes two loaves in one pound baking powder tins.

Scones

2 cups flour	1 or 2 tablespoons sugar
3 teaspoons	2 eggs
Baking Powder	¼ cup butter
½ teaspoon salt	Cream or rich milk

Sift flour, baking powder and salt together. Add sugar, eggs, melted butter and enough cream or milk to make a soft dough. Roll out to about one-half inch thickness. Cut in diamond or triangular shaped pieces. Brush with diluted white of egg. Sprinkle with sugar and bake in moderate oven.

Makes eighteen to twenty scones.

CARNOL is not sold as a substitute for Alcohol, just a real good Tonic

Feebleness and Loss of Appetite

When you are not just feeling up to the mark, have no appetite, and nothing seems to agree with you, then you need a good Tonic such as "CARNOL" — read the letter of one of the thousands of satisfied customers;

Rivière du Loup, Que.

I was very feeble and run down and suffered from loss of appetite. I called in my doctor, who recommended "CARNOL" to me, after taking this preparation for one month I was restored to my usual health. I am satisfied with "CARNOL" and tell my friends just how good it is.

Madam Frs. Beaulieu

Colds — Coughs Etc.

While colds are not so frequent in summer as in winter, sometimes owing to our severe climatic conditions and other reasons, they occur and when they do are often difficult to shake. It is generally recognized that many summer colds result from a run down condition. In either case, whether you are run down or have already caught cold, your system needs immediate building up to guard against the possibility of catching cold, or to help throw it off if you already have one.

First read the facts of three of the numberless cases drawn voluntarily to our attention;

John T. McDonald, a well-known and respected farmer of St. Helens, Ont., says under date of August 11, 1923.

"I was always subject to colds and last fall I took two bottles and never had a cold all winter. I give the credit to CARNOL and other members of my family all take it and have found it very satisfactory."

Don't put it off — try CARNOL to-day

"All other remedies failed — he says"

Regina, Feb. 9, 1923.

Dear Sirs;—

After having used two bottles of your CARNOL, I find it has completely removed my cold which I have suffered with since the first week of December last. All other remedies have been a failure and I strongly recommend to others who may be suffering from a similar ailment, to try a bottle of your CARNOL and I am sure they will not regret such a purchase.

Harry Heller,
2126 Broad St.

Wife completely restored

18 Rolyat St.,
Toronto, Ont.

Dear Sirs;—

As a user of your medicine known as CARNOL, I wish to state that it is a leader of all Tonics, that is the way I speak of it. My wife suffered from nervousness, all rundown, could not eat or relish her meals, but now she is always ready to eat and work is no burden. I have tried all kinds of Tonics but none did her the good CARNOL did. It was recommended to me and now it is a pleasure for me to do the same, for the change my wife feels. Also anyone who is in need of a Tonic or a system builder, should use CARNOL.

You can use my recommendation anywhere or any-way you like, that is how much faith I have in it. Excuse my writing to you and accept my thanks to your firm for this Tonic — CARNOL.

Yours truly,
J. Moore.

Griddle Cakes, Waffles and Crullers

Griddle Cakes

3 cups flour	2 tablespoons sugar
1 teaspoon salt	2 cups milk
4 teaspoons	1 egg
Baking Powder	2 tablespoons butter

Sift flour, baking powder, salt and sugar together. Add milk and stir in well beaten egg and melted butter. Cook on a hot, greased griddle. If a soapstone or aluminum griddle is used no grease is required.

Serves six or seven persons.

Buckwheat Cakes

1 cup buckwheat flour	3 teaspoons Baking Powder
$\frac{1}{2}$ teaspoon salt	1 cup cold water
1 tablespoon sugar	$\frac{1}{4}$ cup milk

Sift flour, baking powder, salt and sugar together. Add milk and water and mix to a smooth batter. Bake at once on a hot, greased griddle.

Serves four or five persons.

NOTE—When cakes harden around edges it shows that too much grease has been used on griddle.

Waffles

2 cups flour	2 tablespoons sugar
2 teaspoons	3 eggs
Baking Powder	$1\frac{1}{2}$ cups milk
1 teaspoon salt	3 tablespoons shortening

Sift flour, baking powder, salt and sugar together. Add well beaten egg yolks and milk gradually. Mix well. Add melted shortening. Fold in stiffly beaten egg whites. Bake on an evenly heated, well greased waffle iron.

Recommended by doctors, taken for the good it does

Serve with butter and syrup, honey, cinnamon and sugar or gravy. Waffles are delicious served with fricasee of chicken.

Serves six or seven persons.

Crullers

1 tablespoon butter	3 teaspoons Baking Powder
1 cup sugar	$\frac{1}{4}$ teaspoon salt
2 eggs	$\frac{1}{4}$ teaspoon nutmeg
3 cups flour	$\frac{3}{4}$ to 1 cup milk

Cream butter and sugar, add well beaten eggs. Sift flour, baking powder, salt and nutmeg together and stir in egg mixture alternately with milk. Mix to a dough stiff enough to roll. Roll one-quarter inch thick. Cut in strips eight inches long by one-half inch wide. Roll in hands to make round. Double and twist, pressing loose ends together. Cook in deep kettle of hot fat. Test fat as for doughnuts.

Makes about thirty-six crullers.

Plain Doughnuts

1 egg	4 teaspoons
1 cup sugar	Baking Powder
1 cup milk	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ teaspoon salt	$4\frac{3}{4}$ cups flour

Beat egg well and add sugar and milk. Sift salt, baking powder, nutmeg and flour together and add to mixture. Mix well. Turn out on well floured board. Knead lightly. Roll to one-quarter inch thickness. Cut with doughnut cutter and fry in deep hot fat. Drain on brown paper.

Makes about three dozen medium sized doughnuts.

NOTE—Doughnuts should be fried in a deep kettle. The fat should be deep enough to cover dough when dropped into it and hot enough to brown a piece of bread in one minute. Test fat before dropping dough into it.

CARNOL saves you doctor's bills

Baking By Temperature

For the benefit of housewives who follow the new method of temperature cooking, and for those who wish to learn how, the following table is given.

FOOD	OVEN	TEMPER- ATURE	TIME
Cake, layer	Hot or quick	450°F	10 to 15 minutes
Drop or cup cake	Moderate	380°F	30 to 35 minutes
Loaf cake	Moderate	350°F	45 to 50 minutes
Fruit cake	Slow	275°F	1 to 6 hours
Sponge cake or angel food	Moderate	325°F	30 to 45 minutes
Muffins and corn bread	Moderate	400°F	25 to 30 minutes
Biscuits	Hot or quick	450°F	10 to 15 minutes
Gingerbread	Moderate	325°F	30 to 35 minutes
Quick loaf bread	Moderate	350°F	45 minutes to 1 hour
Cookies	Moderate	380°F	12 to 15 minutes
Cookies, Molasses or chocolate	Moderate	350°F	15 to 20 minutes
Double crust pie (uncooked filling)	Hot or quick	450°F for 10 minutes & then 400°F	for 30 to 40 minutes
Double crust pie (cooked filling)	Hot or quick	450°F for 10 minutes & then 400°F	for 20 to 25 minutes
Pastry shell	Hot or quick	500°F	12 to 15 minutes
Custards (individual)	Moderate	325°F	35 to 40 minutes
Custards (baking dish)	Moderate	325°F	60 to 70 minutes

All the temperatures given on this page are for use with a gas range. If a coal range is used it will be necessary to deduct 85° F. in each case from the oven temperatures that are given.

Level measurements are called for in all recipes.

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Cakes For All Occasions

To achieve success in cake making it is essential that ingredients should be of the best. Buy the best grade of bread or pastry flour and Baking Powder.

Proper baking is most important. Before starting to mix cake the heat of the oven should be regulated. The fire should be in such condition that the fuel will not have to be replenished during the time the cake is in the oven.

Angel Cake

9 egg whites	1¼ cups granulated sugar
⅛ teaspoon salt	1 cup flour
½ teaspoon Baking Powder	

Beat eggs half light. Add one-quarter teaspoon baking powder and salt and continue beating until eggs are very stiff. Fold in sugar which has been sifted before measuring. Sift flour with one-quarter teaspoon baking powder four times. Fold in, mixing very lightly. Bake in a greased tin in a moderate oven.

Makes a medium sized cake.

Apple Sauce Cake

½ cup shortening	¼ teaspoon salt
1½ cups brown sugar	½ teaspoon cloves
1 egg	1 teaspoon cinnamon
1½ to 2 cups flour	½ teaspoon soda
1 teaspoon	1 cup apple sauce
Baking Powder	(unsweetened)

NOTE—The quantity of flour depends upon the consistency of the apple sauce.

Cream shortening and sugar. Add beaten egg. Sift flour, baking powder, salt and spices together. Dissolve soda in apple sauce and add to egg mixture. Add flour and beat well. Bake in a well greased loaf tin in a moderate oven. Ice while hot with quick icing.

You might be the lucky one — see page 32

Bangor Brownies

$\frac{1}{4}$ cup butter
1 cup brown sugar
1 egg
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup flour

$\frac{1}{2}$ teaspoon Baking Powder
1 cup nuts
3 squares unsweetened
chocolate
1 teaspoon vanilla

Cream butter and sugar. Add slightly beaten egg. Sift salt, flour and baking powder together. Add to egg mixture. Stir in chopped nuts, melted chocolate and vanilla. Spread evenly in a buttered tin. Bake in moderate oven. Cut in oblong pieces.

Fills one square layer cake tin.

Lady Baltimore Cake

$\frac{3}{4}$ cup butter
 $1\frac{1}{2}$ cups sugar
1 cup milk
3 cups flour

2 teaspoons
Baking Powder
6 egg whites
1 teaspoon vanilla

Cream butter and sugar. Beat until light. Add milk. Add flour in which baking powder has been sifted. Mix well. Flavor and fold in stiffly beaten egg whites. Bake in layers in a quick oven.

Makes a large three layer cake. If a smaller cake is desired halve the recipe. Put layers together with the following:

Icing

2 cups granulated sugar
 $\frac{1}{2}$ cup water
2 egg whites
 $\frac{1}{2}$ teaspoon Baking Powder

1 cup chopped raisins
 $\frac{1}{2}$ cup chopped figs
 $\frac{1}{2}$ cup pecans
 $\frac{1}{2}$ cup almonds

Make a boiled icing by cooking sugar and water until it spins a thread when dropped from the tip of spoon. Beat egg whites until stiff and add baking powder while beating. Pour hot syrup slowly over beaten

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whites, beating constantly, and continue beating until thick enough to spread. Divide icing, leaving out enough for top and sides of cake. Mix fruit and nuts with remainder and put between layers. Decorate with whole nuts.

Coffee Fruit Cake

2 cups brown sugar	1 teaspoon cloves
1 cup butter	2 teaspoons cinnamon
1 cup molasses	1 teaspoon nutmeg
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ teaspoon salt
4 eggs	1 cup strong coffee
4 cups flour	1 pound currants
1 teaspoon Baking Powder	1 pound raisins

Cream butter and sugar. Add molasses in which soda has been dissolved. Add well beaten eggs. Sift flour, baking powder, spices and salt together and add to butter mixture. Add coffee. Mix well. Add fruit which has been lightly floured. Mix well. Bake in a slow oven with a pan of water in the bottom.

Makes a six or seven pound cake, which will keep a long time.

Eggless, Milkless, Butterless Cake

2 cups brown sugar	3 cups flour
2 cups hot water	4 teaspoons Baking Powder
2 tablespoons lard	$\frac{1}{2}$ teaspoon salt
2 ounces citron (chopped fine)	1 teaspoon cinnamon
2 cups Sultana raisins	1 teaspoon cloves

Boil sugar, water, lard, citron and raisins together for five minutes after the mixture begins to bubble. When cold add flour, baking powder, salt, cinnamon and cloves which have been sifted together. Beat well. Bake in loaf tins in a moderate oven.

Makes two medium-sized loaves.

This cake keeps well. It is better if made a week before it is to be used. It ripens as do all fruit cakes.

The Best Tonic for the Aged

With advancing years comes loss of physical and nervous energy, decreasing vitality, with the digestive organs usually impaired, often followed by weakness. Something is needed to offset these symptoms — something more than “mere nutriment.” This something must tone up the digestive organs to enable them to properly assimilate the regular fare. It must be something which will convert that food into energy, life, vitality and force to the fullest degree. It must not react and must build up rather than stimulate.

The preparation which fully meets these requirements is CARNOL. CARNOL embodies the great and acknowledged curative and remedial properties of a combination of remedies, the effect of which on the system is both stimulating and nourishing. CARNOL possesses this advantage over other stimulants, and especially over alcohol, that it does not react and has no bad effect on the heart. CARNOL is at one and the same time an appetizer, a restorative, a nutrient and a nerve tonic. Its use is recommended in all wasting diseases, in the wasting affections of children, in nervous complaints, in convalescence from acute fevers, and particularly when convalescing from that insidious disease — influenza.

“Completely Restored — She Says”

5 Summit St. Halifax, N. S.

I am very glad to be able to speak to any parent and explain to them carefully that my little girl has been completely restored to health by the use of CARNOL. She has been from infancy a weak child and very nervous, but the use of CARNOL has completely strengthened her.

Mrs. Ida Waite

CARNOL is a doctor's prescription, not a cheap Patent Medicine

Quick Chocolate Cake

1 tablespoon butter	1 cup flour
1 cup sugar	$\frac{3}{4}$ cup milk
1 egg	$\frac{1}{2}$ teaspoon vanilla
1 teaspoon Baking Powder	2 squares unsweetened
$\frac{1}{4}$ teaspoon salt	chocolate

Cream butter and sugar. Add beaten egg yolk. Sift baking powder and salt with flour and add to the butter mixture together with milk. Flavor. Stir in melted chocolate. Mix well. Fold in beaten egg white. Bake in a greased loaf tin in a moderate oven. Ice when cold with the following:

Mocha Icing

1 tablespoon butter	2 tablespoons strong coffee
1 tablespoon cocoa	$\frac{1}{2}$ teaspoon vanilla
1 cup confectioners sugar	

Cream butter, cocoa and sugar. Add coffee and vanilla. Mix until smooth and spread on top of cake.

Chocolate Marshmallow Cake

3 squares unsweetened chocolate	$\frac{1}{3}$ cup milk
	1 tablespoon brown sugar

Cook chocolate, milk and sugar together until smooth.

$\frac{1}{2}$ cup butter	2 cups flour
1 cup sugar	2 teaspoons
2 eggs	Baking Powder
$\frac{2}{3}$ cup milk	$\frac{1}{4}$ teaspoon salt

Cream butter and sugar. Add slightly beaten egg yolks and milk. Sift flour, baking powder and salt together twice and add. Stir in chocolate mixture and mix well. Fold in stiffly beaten egg whites. Bake in layer tins in a quick oven. When cool spread with marshmallow icing between layers and on top of cake.

Makes a two layer cake.

Cocoaanut Cake

½ cup butter	3 cups flour
2 cups sugar	2 teaspoons Baking Powder
1 egg yolk	1 teaspoon vanilla
1 cup milk	4 egg whites

Cream butter and sugar. Add egg yolk and beat thoroughly. Stir in part of milk. Sift flour and baking powder together and stir into egg mixture. Add remainder of milk and flavoring. Fold in stiffly beaten egg whites. Bake in layers in quick oven. Put cocoanut icing between layers and on top.

Makes a three layer cake.

Sugar Cookies

½ cup butter	¼ teaspoon salt
1 cup sugar	1 tablespoon milk
2 eggs	1 teaspoon lemon or vanilla or
2 cups flour	grated orange rind
2 teaspoons Baking Powder	

Cream butter and sugar. Add well beaten eggs. Sift flour, baking powder and salt together and add to mixture. Add milk and flavoring. If dough is not stiff enough to roll, add more flour. Turn out on floured board and roll thin. Cut in fancy shapes and bake in moderate oven.

Chocolate Cookies

Follow recipe for Sugar Cookies. Melt four tablespoons of grated chocolate and add to egg mixture. Bake as directed.

Ginger Cake

⅓ cup sugar	1 teaspoon
1 egg	Baking Powder
1 tablespoon shortening	½ teaspoon cloves
¼ teaspoon soda	1 teaspoon cinnamon
⅓ cup molasses	2 teaspoons ginger
1½ cups flour	½ cup milk

Don't put it off — try CARNOL to-day

Mix sugar, beaten egg and melted shortening. Stir soda into molasses and add. Sift flour, baking powder and spices together and add. Add milk and beat well. Bake in a moderate oven. This cake may be baked in a biscuit pan, muffin pan or loaf tin.

Makes eighteen small cakes.

Sour milk may be used in place of sweet milk if one-quarter teaspoon of soda is stirred into it.

Easy Sponge Cake

3 eggs	1½ cups flour
1 cup sugar	1½ teaspoons Baking Powder
½ cup cold water	½ teaspoon salt

Beat eggs, without separating, until light. Add sugar and continue beating until mixture is creamy. Add water. Add flour, which has been sifted with baking powder and salt. Mix well. Bake in muffin pans in moderate oven.

Makes one dozen cakes.

Old-Fashioned Short Cake

2 cups flour	5 tablespoons shortening
4 teaspoons Baking Powder	1 cup milk
1 teaspoon salt	Crushed fruit

Sift flour, baking powder and salt together. Rub in shortening lightly with finger tips. Add milk, gradually, mixing well. Divide dough in half and pat out in two circular pieces of equal size. Place one piece of dough in pan, dot with butter and place the other on top. Bake in quick oven. Split the cake. Butter the under half and place on it crushed sweetened berries or other fruit. Put other half on top and cover with fruit. Serve with cream.

Serves six persons.

Recommended by doctors, taken for the good it does

— Quick Recovery after the Flu —

621, 14th. Ave. W.,
Calgary, Alta.

Sirs;—

After the Flu I was in a very weak, rundown condition. I had two bottles of CARNOL, and after taking them felt splendid. I consider CARNOL the best Tonic I have ever taken and have great pleasure in recommending it to others.

I. Buckingham

A delicate child should be constantly watched and if it shows any signs of weakness, or lack of vim and energy its system should be immediately toned up. No preparation will do this more effectively than CARNOL. Your child will never fight against taking it as all children like its taste. Physicians and druggists everywhere are recommending CARNOL as the very best remedy for all run down and delicate conditions.

Little Daughter was weak and rundown

648 Beverly St.,
Winnipeg, Man.

Gentlemen;—

My little girl, Dorothy, seven years of age was much run down, suffering from lack of appetite for three or four years. Tried several medicines without results. I got a bottle of CARNOL on recommendation of my druggist, and saw a great improvement with the first bottle. She took three bottles altogether when her improvement was 100%, gaining in strength and flesh. I therefore can conscientiously recommend CARNOL as a builder and appetiser.

O. S. Oliver.

CARNOL is not sold as a substitute for Alcohol, just a real good Tonic

Hard Sauce

$\frac{1}{2}$ cup butter 1 teaspoon vanilla
1 cup sugar

Cream butter. Add sugar slowly. Beat until light and smooth. Flavor.

Hard sauce may be varied by adding yolk of egg to the creamed butter and sugar and beating well. Or a stiffly beaten egg white may be added. The sauce should be allowed to stand in the refrigerator to harden a little before serving.

Orange Gingerbread

2 tablespoons shortening	3 teaspoons Baking Powder
1 cup molasses	2 teaspoons ginger
1 egg	2 teaspoons cinnamon
4 cups flour	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{4}$ teaspoon soda	$1\frac{1}{2}$ cups milk
1 teaspoon salt	Grated rind 1 orange

Cream shortening. Add molasses and beaten egg. Mix and sift flour, soda, salt, baking powder and spices together. Add them alternately with the milk to the first mixture. Add orange rind and stir well. Bake in greased shallow tins in a moderate oven.

Makes two medium sized cakes.

Spanish Cream

3 cups milk	$2\frac{1}{2}$ tablespoons gelatin
3 eggs	$\frac{1}{2}$ cup cold water
$\frac{1}{2}$ cup sugar	Flavoring
$\frac{1}{8}$ teaspoon salt	

Scald milk. Add to slightly beaten egg yolks, sugar and salt. Cook until mixture coats the spoon. Soak gelatin in water five minutes. Add to hot custard. Stir until dissolved. Set to cool. When mixture begins to thicken fold in stiffly beaten egg whites. Flavor with vanilla, lemon, fruit syrup or almond. Pour into mold. Put on ice to stiffen. Serve with plain or whipped cream.

Level measurements are called for in all recipes.

We publish here a few Testimonials of the many received, being unsolicited Tribute to the value of "CARNOL".

"Was run-down and suffered from general debility".

Blaisville, Que.

Gentlemen;—

I was unwell for years and suffered from a general breakdown in Health. On the advice of my doctor, I bought CARNOL and after taking three bottles, I got relief and on continuing its use, can say I consider this the BEST TONIC I have taken and am so well satisfied that I recommend it to my friends.

Mme. J. N. Pelletier.

Druggist says he believes it is one of the VERY best

New Westminster, Feb. 5, 1923.

Gentlemen;—

We have sold CARNOL for two years. During that time we have seen many other so-called Tonics tried out but they did not repeat and people did not advise their friends to buy them. CARNOL has been bought by people who have used it before, it has been recommended by people to their friends, and has enjoyed a good sale. We believe it has the ingredients that go to make up one of the very best nerve builders and all year round Tonic ever put before the public.

Wishing you success in its sale, I am

DAVIS THE DRUGGIST

Columbia and 6th Ave.,

New Westminster, B. C.

Icings

Level measurements are called for in all recipes.

Quick Icing

- | | |
|-------------------|--------------------------------|
| 1 cup brown sugar | 3 teaspoons hot coffee |
| 1 teaspoon butter | $\frac{1}{2}$ teaspoon vanilla |

Mix to a smooth paste and spread on the cake while warm. This is an excellent icing to use for loaf cake.

Uncooked Icing

- | | |
|---------------------|------------------------|
| 1 egg white | $\frac{1}{2}$ teaspoon |
| 2 tablespoons cream | Baking Powder |
| Confectioners sugar | Flavoring |

Put unbeaten egg white in bowl and mix in cream. Stir in sugar until thick enough to spread. Add baking powder and flavoring. Beat until smooth.

Caramel Icing

- | | |
|---------------------|------------------------|
| 2 cups brown sugar | $\frac{1}{2}$ teaspoon |
| 1 cup thin cream | Baking Powder |
| 1 tablespoon butter | Few drops vanilla |

Boil sugar, cream and butter without stirring until a little dropped in cold water will form a soft ball. Add baking powder and vanilla. Beat until of creamy consistency.

Plain Boiled Icing

- | | |
|--------------------------------------|-------------|
| 1 cup sugar | 1 egg white |
| $\frac{1}{4}$ cup water | Flavoring |
| $\frac{1}{2}$ teaspoon Baking Powder | |

Cook sugar and water, stirring until sugar is dissolved. Boil without stirring, until syrup threads when dropped from tip of spoon. Add baking powder to egg white and beat until stiff. Pour boiling hot syrup over egg white, beating constantly. Continue beating until icing is of right consistency to spread. Add flavoring.

"Wards off Bronchial Attack"

1447 Dufferin St.,
Toronto, March 22, 1921.

Dear Sirs;—

Myself and friend Miss E. McKerroll (399 King St. East, Toronto), would like to let you know how very highly we think of CARNOL. —We are now taking our sixth bottle and the great benefit we have derived from it is wonderful. It certainly does do everything the advertisements say and more.— It is a genuine tonic and body builder. For my part it has warded off a Bronchial trouble I am subject to every Spring time.

We feel it would interest you to know this, also you are at perfect liberty to use this unsolicited testimonial, if you would so wish. We both of us take pleasure in recommending it to any one whom we know are feeling below par.

Wishing you every success,

Yours truly,
Mrs. Laura H. Manson.

"Clergyman says, within the reach of all"

96 Cremazie St.,
Quebec, P. Q. — Dec. 30, 1921.

Dear Sirs;—

Many thanks for the CARNOL which you sent me. All the good that is said concerning this product seems to be well founded as I noticed for myself the good it could do. This is the reason I recommend it to my confreres and my family. It is a product which every family can get, as the price is not too high.

I beg to remain,

Yours very truly,
L'Abbé Auguste Cantin.

You might be the lucky one — see page 32

Pastry And Pies

Good pastry is easy to make once the knack of mixing and handling it is acquired. Pastry is made light by the expansion of cold air in the paste when it is exposed to the heat of the oven. The colder the paste is before going into the oven the lighter it will be when it comes out.

Do not mix shortening in too thoroughly. Handle the paste as little and lightly as possible.

Level measurements are called for in all recipes.

Plain Pastry

1 cup flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon	$\frac{1}{2}$ cup shortening
Baking Powder	Cold water

Sift flour, baking powder and salt together. Cut in shortening with two knives (the heat of the fingers melts the fat which tends to make tough pastry). Add only enough cold water to hold ingredients together. Do not knead. Turn out on slightly floured board. Divide in two portions. Roll out lightly one portion for lower crust. Place without stretching in pie plate and put in filling. Roll other portion of paste lightly for upper crust and place in position. Prick with tines of fork. Dampen edge of lower crust with cold water and press edges of upper and lower crust together with tines of a fork.

Makes pastry for a small two crust pie.

Pastry Shells

When paste is baked before filling is added it is called a pastry shell. To make, turn a pie plate over and cover the bottom with paste. Prick with a fork to prevent blisters forming. Bake shell in hot oven. Remove shell from bottom of plate. Turn right side up and fill as desired.

Avoid unscrupulous dealers, insist on getting CARNOL

If individual shells are desired invert muffin pans and cover bottom with paste. Bake as directed above.

Quick Puff Paste

2 cups flour	Iced water
1 teaspoon salt	$\frac{3}{4}$ cup butter
$\frac{1}{4}$ cup lard	

Sift flour and salt together. Work lard into flour and moisten to a stiff dough with iced water. Chill dough and cut butter into it with a knife. Again chill, placing bowl containing dough on ice or in a cold place. Turn out on floured board, and roll lightly to one-quarter inch thickness. Fold in three even layers and roll again. Repeat this process twice. Chill thoroughly. When ready to bake roll lightly on floured board to desired shape. The paste should be about one-eighth inch thick for top of pie.

Apple Pie

5 or 6 tart apples	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{3}$ cup sugar	1 teaspoon lemon juice
$\frac{1}{8}$ teaspoon salt	$\frac{1}{2}$ tablespoon butter

Line a plate with plain pastry. Pare, core and slice apples and place in plate. Sprinkle with mixed sugar, salt, cinnamon and lemon juice. Dot with butter. Wet edge of pastry, cover with upper crust and press edges together. Put pie in a hot oven for ten minutes. Then decrease heat and bake until apples are tender.

If apples lack juice two tablespoons of water should be added.

Foamy Sauce

$\frac{1}{2}$ cup butter	1 cup boiling water
1 cup powdered sugar	1 egg white
1 teaspoon vanilla	

A Prize worth trying for — see page 32

Cream butter and sugar. Add vanilla and beat well. Just before serving stir in boiling water. Add stiffly beaten egg white. Beat until foamy. This sauce is delicious for steamed and baked puddings.

Creamed Sweetbreads

Remove sweetbreads from paper as soon as they come from market. Soak in cold water one hour, changing water several times. Parboil by putting in saucepan of boiling, salted water, allowing one-half teaspoon salt and one-half teaspoon vinegar to pair of sweetbreads. Simmer twenty minutes. Take out and plunge in cold water. Drain. Remove all strings and fibres. Separate in small pieces or cut into cubes with silver knife. Re-heat in one-half cup of White Sauce.

Scraped Beef

Choose lean beef cut from top of round. Wipe off with damp cheesecloth. Place on board. Hold firmly. Scrape with sharp knife until only connecting tissue is left. Spread scraped beef on a thin slice of bread, either buttered or plain, and cover with another slice. Dry toast may be used for making sandwich if desired. Season with salt and pepper, if permitted.

Or make scraped beef into small cakes and cook two minutes in hot, ungreased frying pan.

Level measurements are called for in all recipes.

CARNOL saves you doctor's bills

"Now in better Health than Ever Before".

Summerside, P. E. I. June 30, 1921.

An attack of flu in the fall 1918 left me in such a weakened condition, that I could not walk across the kitchen, and for nearly two months, I spit blood, and my neighbors as well as myself, thought I was in the first stage of consumption. My weight when I took sick was 120 lbs., and I shrunk from that to 98 lbs. On the recommendation of my druggist, I began to take CARNOL. Before finishing the first bottle, I felt a marked improvement. I then took four bottles and my improvement was so marvellous that at the end of six months, I weighed 130 lbs., the most I ever weighed in my life. I can safely recommend CARNOL to any one in a weakened and run down condition, as being the best as well as the most palatable tonic on the market to-day.

My little girl aged eight years took a cold in the head and chest, and was so bad, she could scarcely breathe. I gave her CARNOL in hot water, and the next morning, she was able to get out of bed for the first time in several days.

I consider CARNOL a wonderful medicine.

Mrs. Mary A. DesRoches

"Says its Best Tonic She Ever Took"

117 Cedar St., Halifax, N. S.

This is to certify that I was for several years troubled with a run down state of health, often suffering from severe headaches caused by the loss of appetite and also lack of energy to do anything. I purchased a few bottles of CARNOL and before I was finished taking the first bottle I felt much relieved.

It affords me the greatest pleasure of recommending it to any one who is in a run down state of health. I found it more successful than any other Tonic.

Mrs. Elizabeth King.

CARNOL MUST HAVE MERIT! said a member of one of the largest advertising agencies in the country, when we told him that we sold CARNOL on an absolutely money back guarantee. We told over two million newspaper readers, four times a week that if CARNOL did not do what we said it would do, to take the empty or partly empty bottle back and the druggist would cheerfully refund the \$1.00 paid him. Last three years we have sold over a million bottles of this really Great Medicine, and we at last found one man who wanted his dollar back.

CARNOL is sold by all good druggists everywhere and we and they would recommend that every reader in taking CARNOL, take a course of 5 or 6 bottles, so as to get the full benefit of its upbuilding properties.

Avoid unscrupulous dealers who endeavour to substitute cheap and worthless preparations in place of CARNOL.

REMEMBER! CARNOL is sold by all Druggists at \$1.00 per bottle on a money back guarantee, we make this, trusting in the good faith of our customers, and if you can conscientiously say the first bottle has not helped you, take it back and have your \$1.00 refunded.

If for any reason you cannot get CARNOL in your locality, we will mail it to you for \$1.25, \$1.00 for CARNOL, 25c for the mailing case we pay the postage.

Address:

“CARNOL LTD”

40 St. Urbain St.

Montreal

CARNOL is a doctor's prescription, not a cheap Patent Medicine

Invalid Cookery

In treating a sick person the physician may prescribe one of three diets, fluid diet, soft or semi-solid diet, light or convalescent diet. The housekeeper is often at a loss to know what to serve and how to prepare it.

FLUID DIET—milk, eggs, clear soups, clam broth, beef tea, beef juice, cereal gruels, toast water, barley water, orange juice.

SOFT DIET—milk toast, cereals, jellies made with gelatin, junket, soft boiled eggs, custard.

LIGHT DIET for the convalescent—thin dry toast, soft cooked eggs, peas, fresh spinach, baked potatoes, carrots, meat broth, steak or chops, chicken, fish, cooked fruit, custard, ice-cream.

Oatmeal Gruel

½ teaspoon salt

4 tablespoons oatmeal

1½ cups boiling water

Add salt to boiling water. Stir in oatmeal. Cook ten minutes over slow, direct heat, stirring to prevent sticking. Place in double boiler and cook one hour. Strain. Add milk if desired. Reheat and serve. A little nutmeg may be grated in if allowed.

Level measurements are called for in all recipes.

CARNOL is not sold as a substitute for Alcohol, just a real good Tonic

A CHANCE TO MAKE \$200.00 PRIZE MONEY

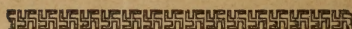
We will pay \$100.00 to the man or woman who sends us the best letter on CARNOL. Just write and say why you started taking it, who recommended it — i.e. doctor, druggist or friend. Tell what benefits you have received and how you think we should make the merits of this preparation known to everyone.

Anyone can enter, we make only one stipulation, each letter must be accompanied by the face of the Carton or label off a bottle of CARNOL. You can write as many letters as you like, if after you have sent off your letter, you think of something better, don't hesitate, send your ideas in — GO AFTER THE CAPITAL PRIZE.

CONTEST CLOSES MAY 1st. 1924

\$100.00 for best letter
50.00 for second best
25.00 for third best
15.00 for fourth
10.00 for fifth next best.

Three absolutely disinterested Judges, an advertising man, a printer and a newspaperman, will decide which are the PRIZE WINNING LETTERS.



In compiling this little Booklet, we have endeavoured to give the reader a few recipes that are "different" and trust that it will find a place in the home.

"The way to a man's heart is through his stomach" is an old saying, but the housewife, daughter or sweetheart, must not forget that that same stomach must be kept in good order and the whole system toned up so that it can easily assimilate what is taken into it.

CARNOL is The Great Tonic and Restorative.

